

Beat the Heat...cool ways to thrive after 45

Talking Book Awareness Day ➤ The week of August 17

Program in a Box #1

Props:

1. Sunglasses (enough for everyone attending)
2. Simple obstacle course (3 yard sticks painted white on one tip; three sets of 8 x 11 cards—one card with a #1, one card with #2, one card with #3). See page 2 for ideas.
3. Three road maps

Agenda

- As people arrive, issue “[show](#)” tickets for those over 45 to be served a treat and get their prize.

5 minutes: Introductions

- Three contestants (elected officials, Friends, board members, teenagers, staff, retirement or senior center administrator, other community members—have them don their sunglasses)
- The Master of Ceremonies (you or someone you can talk into it—the MC gets to have the cool hat with our compliments!)

10 minutes: Action sequence (good for media photos)

1. Have your contestants try to read a map. Ask them how easy it was by showing their card (1 for the easiest, 2 for the next easiest, 3 for the hardest)
2. Have your contestants run through the obstacle course. Ask them how easy it was.
3. Have your contestants play a tape on the TBS machine. Ask them how easy it was. (end with a round of applause)
4. The Master of Ceremonies concludes the show

20 minutes: Presentation

- Introduce your presenter and topic (see page 3 for ideas)

10 to 20 minutes: Refreshments served (ice cream to go with the sunglasses)

- Everyone invited to try out the challenges, see the display
- Everyone gets sunglasses!
- Everyone enjoys the treats!



Join Idaho Libraries!

Invite your community to an open house showcasing your services for those unable to use standard print.

We'll help with giveaway sunglasses and a Program in a Box.

Plus, you'll get your community's R-E-S-P-E-C-T!
(and our love and adoration!)

What's the catch?

1. Plan a one-hour program the week of August 17
2. Invite a community partner
3. Let the media know (see page 3)
4. Place the invitation poster in a physician's or eye doctor's office
5. Create a display of Talking Book Service materials on that day and include materials you have (like music, videos, large print books) too.
6. Provide a Summer Treat



We'll provide you with giveaway sun glasses for your contestants & participants!

Obstacle Course Suggestions*

1. Library kick stool
2. Small trash can
3. Cord running across the floor
4. Desk with open drawer
5. Office chair
6. Filing cabinet
7. Hat or coat tree
8. Rumpled rug or mat
9. Books sticking out from shelf
10. Pile of books on floor
11. Coat lying on floor
12. Atlas stand or globe
13. Book display
14. Coffee table
15. Book cart
16. Plant

***Note: Use caution when creating the obstacle course so no one is injured.**

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Program in a Box #2

Props:

1. Sunglasses (enough for everyone attending)
2. Simple obstacle course (3 yard sticks painted white on one tip; three sets of 8 x 11 cards—one card with a #1, one card with #2, one card with #3)
3. Three road maps

Agenda

- As people arrive, issue “[show](#)” tickets for those over 45 to be served a treat and get their prize.

5 minutes: Introductions

- Three contestants (elected officials, Friends, board members, teenagers, staff, retirement or senior center administrator, other community members—have them don their sunglasses)
- The Master of Ceremonies (you or someone you can talk into it—the MC gets to have the cool hat with our complements!)

10 minutes: Action sequence (good for media photos)

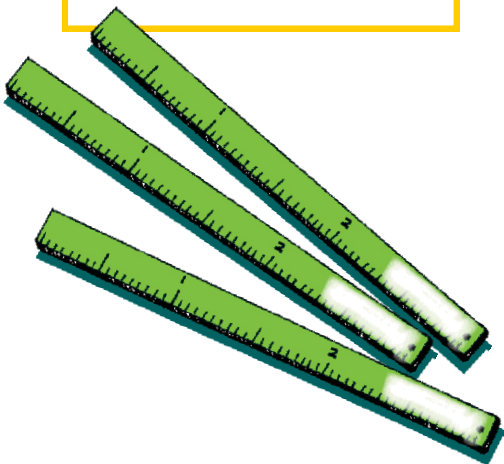
1. Have your contestants try to read a map. Ask them how easy it was by showing their card (1 for the easiest, 2 for the next easiest, 3 for the hardest)
2. Have your contestants run through the obstacle course. Ask them how easy it was.
3. Have your contestants play a tape on the TBS machine. Ask them how easy it was.
 - Round of applause

10 to 20 minutes: Refreshments served (ice cream to go with the sunglasses)

- Everyone invited to try out the challenges, see the display
- Everyone gets sunglasses!
- Everyone enjoys the treats!

Vision Loss Sound Bites

1. Most people don't realize they are legally blind until they try to get their driver's license renewed
2. Cataract development starts showing up at age 55
3. 1 in 28 people in the U.S. have a visual impairment.
4. Your librarian can sign the application for folks who want to join the Talking Book Service. It's free for those with vision loss.



Press Release Templates

Remember to give the media a heads up about your event a week before your Open House.

Call the news outlets in the early morning to see if they plan to attend. Be sure and remind them of the great photo ops they'll have.

➤ [Program in a Box #1](#)

➤ [Program in a Box #2](#)

➤ [Program in a Box #3](#)

➤ [General Open House](#)

Program Graphics

➤ [Maud](#) ➤ [TBS Logo](#)

Program in a Box #3

Agenda

- As people arrive, issue "[show](#)" tickets for those over 45 to be served a treat and get their prize.

5 minutes: Introductions

- Welcome audience
- Introduce any "dignitaries"
- Brief remarks about the purpose:
 - Beat the Heat — Thriving after 45
 - Only those 45 and over have been invited today. We knew you were jealous of all our Summer Readers getting treats & prizes so we decided to have a day for treats & prizes for older "kids" too.
 - You might be concerned about a loved one who isn't as active as they once were because visual impairment or another disability. Or maybe you are concerned about yourself.
 - As you know, whenever a person is going through a life change, it's stressful. But it doesn't mean you have to give up one of the best pleasures in life—reading. After our brief presentation on [your topic by speaker's name], visit our display on how the library can help keep your mind active, have a treat and get a prize!

20 minutes: Presentation

- This could be longer than 20 minutes, but be sure and leave time for questions.

30 minutes: Refreshments served (ice cream to go with the sunglasses)

- Everyone invited to see TBS and library display materials.
- Everyone gets sunglasses!
- Everyone enjoys the treats!

Presentation & Topic Ideas

1. Eye Doctor—Visual impairment warning signs
2. Coach/Health Professional— Eye protection
3. Dept. of Motor Vehicles—Can you beat the eye test?
4. Mental Health Professional—Life Transitions
5. Senior Center or Nursing Home Administrator—Activities to build physical and mental health
6. Talking Book Staff—Recorded Book "Book Talk"
7. Health Provider—Caring for your parents
8. Chiropractor or Masseuse—Those old aches & pains
9. Central District Health—Health care access for rural senior citizens
10. Police Department—Citizen Eye, safety in your community
11. Yoga Instructor—Simple exercises to keep you balanced
12. Vision Specialist—Eye Like It! Trends in eye wear
13. Consumer Protection—Keep your eyes peeled for scams
14. Dietician—Eat right, Feel good!

Application Due June 12, 2009!

Beat the Heat...cool ways to thrive after 45

Library Name: _____

Contact Person: _____

Address: _____

Telephone: _____

Email: _____

We plan to do ☐ Program #1 ☐ Program #2
☐ Program #3 ☐ An Open House



Required commitment from your library:

1. Plan a one-hour program (Program in a Box 1, 2, or 3 — or host an open house)
2. Invite a community partner (see p. 3)
3. Let the media know (we provide templates)
4. Ask your local physician or eye doctor to display your invitation poster (we'll send you two).
5. Create a display of Talking Book Library Service materials on that day and include the materials you have (like music, videos, large print books) too.
6. Provide a Summer Treat

What we provide:

- Program in a box (1, 2, or 3)
- Two invitation posters with acrylic frames (to be mailed)
- Press releases, graphics, and more!
- Sunglasses for participants
- A cool hat for your Master of Ceremonies (you or your partner)
- Talking Book Service materials (machine, books, informational brochures)

Estimation of supplies you would need:

- Number of pairs of sunglasses (first come, first serve): _____
- Number of TBS informational brochures: _____
- Do you need a TBS player and books? Yes ____ No ____

My library will :

☐ Commit to the above six requirements for the TBS Awareness open house

Director's Signature: _____

Return to: Sue Walker, Library Consultant

325 W. State Street, Boise, ID 83702

sue.walker@libraries.idaho.gov >208-334-2150 >800-458-3271 >fax: 208 334-4016

Join us for Talking Book
Awareness Day the week of
August 17, 2009

Invite your
community to an
open house
showcasing your
services for those
unable to use
standard print.

We'll help with
sunglasses,

giveaways and
Programs in a box.

Plus, you'll get your
community's

R-E-S-P-E-C-T!

(and our love and
adoration!)

Apply
Online

libraries.idaho.gov/TBS



A program sponsored by
the Idaho Commission for
Libraries